

**The Holy Ghost Prep Concussion Management Team consists of the school nurse, Director of Counseling, and Athletic Trainer. The current members with contact info are listed below:**

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**The following services are overseen by the Concussion Management Team:**

1. Concussion Education- Mandatory for all student athletes and families
2. Baseline Impact Testing- Mandatory for all student athletes and completed before each sports season
3. Every two years faculty will be provided with inservice regarding concussion protocol, return to play, school, and learn.

Initial concussion triage protocol:

1. When a student is suspected of suffering a head injury, the student will be evaluated for concussive symptoms by the athletic trainer at all school sporting events. The school nurse will evaluate/triage at school, non-athletic school events, and school activities.
2. If athletic trainer or nurse are not available for triage, event Moderator must immediately contact parent/guardian and contact school nurse.
3. Parent/guardian will seek further medical attention for student. Initially, the student must see a physician if symptoms are observed or reported. The student's parents are responsible for getting the student to a physician. (e.g. Pediatrician, Urgent Care, ER) for evaluation

Follow up care:

1. If a student is cleared and deemed to have no concussive symptoms, no follow up is recommended and they may be allowed to return to activity as normal.
2. If a student is suspected of or deemed to have concussive symptoms, the student's parent/guardian must follow up with a Physician who will provide documentation to the school nurse regarding:
  - a. The symptoms present.
  - b. Level of activity tolerated.
  - c. School accommodations.
3. In order to complete Return to Learn and Return to Play, student must be further assessed and cleared by an MD, DO, or Neuropsychologist, trained in the evaluation and management of concussion. A written statement from treating provider, must be submitted to the nurse stating the student is fully cleared to return to regular activity without accommodations related to concussion.

### Return to Play

1. If a student athlete has been diagnosed with a concussion he will begin the Return to Play Protocol.
2. Athletes must complete the following step-wise process prior to returning to play:
  - a. NO ACTIVITY; complete rest; once asymptomatic, proceed to level 2.
  - b. Light aerobic exercise such as walking or stationary bike (low heart rate).
  - c. Sport specific training (Sprinting, ice skating, jumping)
  - d. Non-contact training drills (Practice)
  - e. Full-contact training after medical clearance (Practice)
  - f. Full participation
3. In order to complete steps e and f, the student must have full documented clearance from a physician to return to play and return to learn without accommodations. This includes non contact sports.
4. With this stepwise progression, the athlete should continue to proceed to the next level if asymptomatic at the current level. If any post concussion symptoms occur, the student should drop back to the previous asymptomatic level and try to progress again after being symptom free for at least 24 hours.
5. No athlete with a concussion or suspected concussion should return to play before the brain has healed and is asymptomatic.

### Return to Learn

1. If a student is deemed to have post concussive symptoms that interfere with his ability to fully participate in class without accommodations, he is considered to be in Return to Learn protocol.
2. Accommodations recommended by the treating physician or neuropsychologist will be documented in the Academic Accommodation and Support Plan by the Counseling Staff and will be provided to the student's teachers, the Principal, and the Dean of Academics. Additional accommodations beyond physician recommendations may be added at the discretion of the Counseling Staff and School Nurse in consultation with the Dean of Academics.
3. Any step-wise accommodations recommended by the treating physician will be monitored by the school nurse and Counseling staff. Changes to such accommodations will be communicated to the faculty.
4. Physical symptoms and academic accommodations will be monitored by the Concussion Management Team until the student is cleared. In some cases, the school will request a Medical Release of Information form to coordinate accommodations with the treatment provider.
5. When the student is cleared by the treating provider, the student must receive a written statement from treating provider stating that the student is asymptomatic and is fully cleared to return to regular activity without accommodations related to concussion. This written statement must be provided to the school nurse and Director of Counseling.
6. Once the student is cleared, teachers are notified by the Director of Counseling that the Accommodation Plan is lifted and no longer in place.

7. Upon clearance, student is considered to be ready to return to full workload. Teachers identify essential and necessary make up assessments for the student.